

# Professional Hypnotherapy and NLP with Andrew T. Austin

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Author of the best selling book, "The Rainbow Machine - Tales from a Neurolinguist's Journal", available via [Amazon](#) and via [The Fresh Brain Company](#)

Based in the seaside village of **Rustington, West Sussex**, England, I am a licensed NLP Master Practitioner (*Society of NLP, Paul McKenna, Michael Breen, Richard Bandler*) and Clinical Hypnotherapist (*British Hypnosis Research, Royal Masonic Hospital, London*) with a background clinical experience of Neurosurgery and Clinical Neurology at the UK's largest teaching hospital as a registered nurse.

Since 1996 I have been teaching Hypnotherapy and Brief Therapy techniques and more recently, Integral Eye Movement Therapy in the UK, Poland and India.

*"About the only words I can think of to describe the changes would be 'f\*\*\*ing miraculous'." A.H., client*

In 1994 I formed the popular South Hants Hypnosis and NLP Study Group and I have trained with such notables as [Richard Bandler](#), [Paul McKenna](#), [Frank Farrelly](#), Sidney Rosen, [Joseph Griffin](#) and [Stephen Brooks](#).

After I moved to Chichester I started **The West Sussex Hypnosis and NLP Study Group** which met each month with an array of guest speakers and trainers at **Chichester University**, Bishop Otter Campus and in 2007 I was an assistant to Paul McKenna and Richard Bandler in London on their NLP Practitioner and NLP Trainers Training.

## Latest Customer Reviews



5.0 out of 5

Andy is one of the best guys in NLP world. His approach is symultanmiesly simple and real. I've been... ▾

[Marek Gonda - 02 March 2010](#)



5.0 out of 5

About the only words I can think of to describe the changes would be 'f\*\*\*ing miraculous'.

[Alex Heaton - 22 May 2008](#)



4.0 out of 5

I found Andrews style of training exceptional, his mixture of humour, real life anecdotes and unconventional... ▾

[NLP for You - 10 October 2007](#)



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*"Andrew Austin is clear, original, and outspoken about mental illness, medication, and psychiatry. His skills were honed by years of experience in the "trenches" of psychiatry, so he knows what he is talking about." [Steve Andreas](#), author of "Transforming Your Self" and other books about therapy and personal change.*

*"Andy Austin is a true pioneer. His creation of the HIGHLY effective Integral Eye Movement Therapy is clearly well researched, tested and honed. Having trained with countless supposed 'experts' I can quite happily state Andy is one of the greatest minds I have ever had the good fortune to meet and learn from. His depth of understanding of the human mind, psychological conditions, the role of the therapist and the nature of the client is... ASTONISHING! I thoroughly recommend any therapist who is serious about therapy to train with Andy." [Michael Christon](#), internationally licensed NLP trainer and coach*

*"Hugely congruent and massively practical. Andy's training is clear, concise and very memorable with stories of his own provocative and effective therapy he will have you laughing and crying. IEMT is a rapid and wonderfully content free intervention. Anyone with a serious commitment to really increasing their clinical skills must attend one of Andy's trainings." [Nigel Hetherington](#), NLP and Hypnotherapy Trainer*

With many of my articles recommended by a number of leading universities as study material for psychology students, I am regularly consulted by television production and media companies regarding alternative psychology, hypnosis and neurological syndromes.

I can be as controversial as I can be popular, and my services include one-to-one and group or family therapy as well as training/seminars. I am often called on to advise families of clients who are under a compulsory treatment order of [The Mental Health Act](#) and I also work with families of such clients in a therapeutic and interventionist role.

Clients have sought out my services for problems as diverse as:

- [Social phobia, shyness and anxiety](#)
- [Weight Loss and Slimming](#)
- [Depression](#)
- [Post Traumatic Stress Disorders](#)
- [Phobia and Panic Attacks](#)
- [Dental Phobia](#)
- [Attention Deficit Disorder](#)
- Passing their driving test and interview nerves
- [Impotence and other sexual dysfunction](#)
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- School Phobia
- Anger/Temper problems
- Blushing

**Video: Andrew T. Austin Discussing Phantom Limb Pain**

**The problems presented by the majority of clients don't actually fit readily into a diagnosable category.**

Here are some typical problems presented over the past few years.

1. "I am 50 years old and I can't cope with my domineering mother/father."
2. "I have the urge to expose myself in public."
3. "I have a phobia of jelly."
4. "I feel so guilty all the time."
5. "I steal."
6. "I lack confidence in groups of people."
7. "I think I'm addicted to pornography."
8. "I hate people touching my feet."
9. "I've never had an orgasm."
10. "I'm scared of the dark."
11. "I think I'm cursed."
12. "I feel angry all the time."
13. "I have nightmares."
14. "I grind my teeth."
15. "Jealousy keeps ruining my relationships."
16. "My father is a control freak."
17. "I've lacked confidence since I came out of prison."
18. "I wet the bed"
19. "I was bullied at school and am still afraid."

**[Articles: What's New](#)**

**[Download a free 45 minute extract from The Neuraliser Seminar held in Bristol 2004 at NLPmp3.com](#)**

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Andrew T. Austin is a Licenced NLP Master Practitioner and Clinical Hypnotherapist in Rustington, West Sussex, UK  
He was formerly a registered nurse for the NHS specialising in Clinical Neurology and Neurosurgery.  
His clinical hypnotherapy and NLP treatment services are available on the NHS where PCT funding is available.

Andrew T. Austin, The Fresh Brain Company Ltd.



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